

# JBSA LEGACY

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JOINT BASE SAN ANTONIO

MARCH 25, 2022



JOSE RODRIGUEZ

## MEDCoE student helps save life of victim injured in road rage shooting

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# Army Emergency Relief campaign kicks off

By Steve Elliott

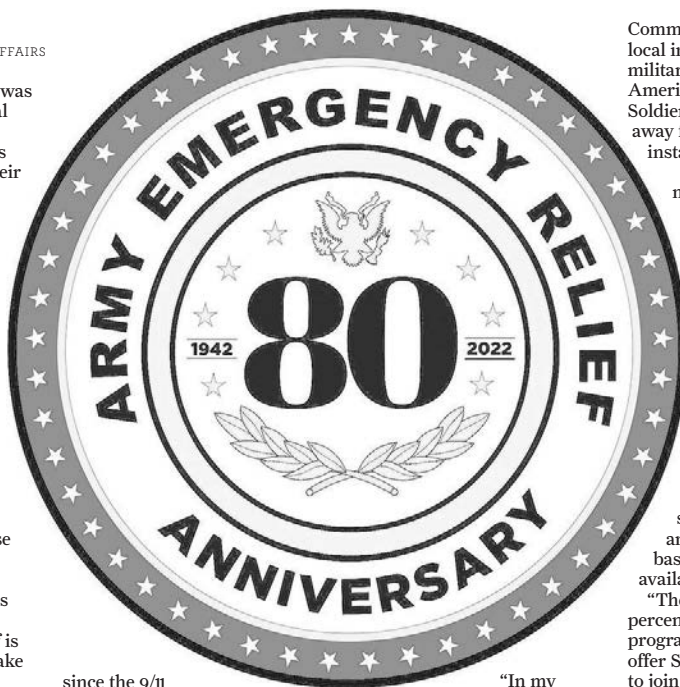
502ND AIR BASE WING PUBLIC AFFAIRS

Army Emergency Relief was created to alleviate financial distress as an incident to service. AER helps Soldiers and families get back on their feet through interest-free loans, grants and scholarships when monetary needs arise, and also provides budgeting and financial counseling.

Francis Burns, Joint Base San Antonio Army Support Activity manager, kicked off the 2022 Army Emergency Relief campaign on behalf of Lt. Gen. John R. Evans Jr., U.S. Army North (Fifth Army) commander, during a virtual meeting at Joint Base San Antonio-Fort Sam Houston on March 11. The annual AER campaign runs from March 1 to May 15.

"Army Emergency Relief is an invaluable resource to take care of our people while ensuring we will always be prepared to 'Fight to Win Our Nation's Wars,'" said Sgt. Maj. of the Army Michael Grinston and Gen. James C. McConville, Army Chief of Staff. "AER plays a critical role in helping members of the Army team facing financial difficulties and unexpected challenges. AER provides our Soldiers a helping hand when they need it most."

For 80 years, AER has been the conduit through which Soldiers provide financial support to their brothers and sisters in arms. Since 1942, AER has provided more than \$1.9 billion in financial assistance to Soldiers, and roughly \$1 billion was provided



since the 9/11 attack on the U.S.

Donations are the best way to get involved. Anyone can go to the AER website at <http://www.aerhq.org> and donate. Soldiers can contact their unit's AER representative for more information.

AER is the official nonprofit of the U.S. Army and is a registered 501(c)(3) charity, which means donations may be tax deductible.

Retired Army Lt. Gen. Raymond V. Mason, AER chairman, said financial stability boosts Soldiers' resiliency.

"Army Emergency Relief has always been an important tool for commanders," Mason said.

"In my nearly 40 years of service, I repeatedly witnessed the impact Army leaders had on their Soldiers' lives by sending them to their AER office for financial assistance.

"AER provided \$44.8 million in loans and grants to almost 26,000 Soldiers and families in 2021. This incredible amount of assistance was possible due to the support of our generous donors," Mason added. "Since our founding in 1942, this organization has relied on the camaraderie and generosity that exists between our men and women in uniform."

Other options for seeking assistance are Army

Community Service offices at local installations, other military aid societies, or the American Red Cross if the Soldier lives 50 miles or more away from a military installation.

AER leaders say the most frequent needs are money for car repairs, housing deposits and monthly rent, homeowner's or renter's insurance, minor home repairs and many more. Another common situation involves the death of a family member, which may necessitate extra funds for travel, rental car, hotel and food.

Educational scholarships for spouses and dependent children based on need also are available through AER.

"The goal is to inform 100 percent of Soldiers about AER programs and benefits, and offer Soldiers the opportunity to join the legacy of 'Soldiers Helping Soldiers,'" Mason stated. "It's not the dollar amount a Soldier donates, it's more about the Soldier's awareness of AER and helping their teammates."

Mason said less than 10 percent of the Army contributes to AER for various reasons.

"AER is there for you," Mason said. "So when you're in good shape financially, I encourage you to donate ... you're directly helping your battle buddies."

For more information on the AER campaign or assistance programs, contact the Installation Army Emergency Relief office at 210-221-1612.

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Editorial Staff**

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and JBSA Commander**

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**JBSA LEGACY  
ADVERTISEMENT OFFICE  
EN COMMUNITIES  
P.O. BOX 2171  
SAN ANTONIO, TEXAS 78297  
210-250-2052**

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# Feedback Fridays

**By Brig. Gen. Caroline M. Miller**

502D AIR BASE WING AND JOINT BASE  
SAN ANTONIO COMMANDER

Feedback Fridays is a weekly forum that aims to connect the 502d Air Base Wing with members of the Joint Base San Antonio community. Questions are collected during commander's calls, town hall meetings and throughout the week.

If you have a question or concern,

please send an email to 502ABW.PA.official@us.af.mil using the subject line "Feedback Fridays."

Questions will be further researched and published as information becomes available.

**Q: I recently noticed the Growden Gate at JBSA-Lackland has been closed for outbound traffic after 5 p.m. on a few occasions.**

**I truly appreciate the work of our**

**Defenders, and if these are more than a one-off situation and reflects a change in gate hours, would it be possible to change the sign on the corner of Kelly Drive and Truemper Street to reflect that change?**

Currently it states that the gate closes at 6 p.m. It is a fairly long drive to get to the gate, turn around, and drive to another gate. Granted, it's not a huge inconvenience, but it could be avoided if the signs

**accurately reflect the hours.**

**A:** Thank you for submitting an inquiry through Feedback Fridays.

We thank you for highlighting the necessity to change the sign on the corner of Kelly Drive and Truemper St. and apologize for any inconvenience.

This is a permanent change, and we have requested this through our Civil Engineers and expect it will be changed as soon as possible.

## JBSA observes National Vietnam War Veterans Day

**By Steve Elliott**

502ND AIR BASE WING  
PUBLIC AFFAIRS

The Vietnam War has a long history, lasting from 1955 to 1975, engulfing the Southeast Asian country of Vietnam as well as its neighboring countries, Cambodia and Laos.

On March 28, 2017 — nearly 44 years after the United States withdrew its last forces from Vietnam — President Donald J. Trump signed into law the Vietnam War Veterans Recognition Act of 2017, which named March 29 as National Vietnam War Veterans Day. The bill amended the U.S. flag code to include National Vietnam War Veterans Day as a day on which the flag should be flown.

This is a separate holiday from Veterans Day, which is celebrated on Nov. 11 and marks the end of World War I.

Posters commemorating National Vietnam War Veterans Day will be on display Joint Base San Antonio-Lackland and JBSA-Randolph libraries, as well as the Joint Personnel Processing Center at 2400 Jessup Road, Suite 4026, at JBSA-Fort Sam Houston.

Visitors to these locations are encouraged to follow COVID-19 health and safety measures, including practicing physical



COURTESY PHOTO

*On March 28, 2017 — nearly 44 years after the United States withdrew its last forces from Vietnam — President Donald J. Trump signed into law the Vietnam War Veterans Recognition Act of 2017, which named March 29 as National Vietnam War Veterans Day. The bill amended the U.S. flag code to include National Vietnam War Veterans Day as a day on which the flag should be flown.*

distancing.

For more information, contact the Civilian Personnel Section at 210-221-1408 or email [usaf.jbsa.502-abw.mbx.jbsa-fsh-cps@mail.mil](mailto:usaf.jbsa.502-abw.mbx.jbsa-fsh-cps@mail.mil).

### The starting point

The conflict began during the 1950s when the struggle between the country's communist northern part and the anti-communist south escalated. In the 1960s, the American military joined the conflict, backing up South Vietnam forces, against the troops of communist North Vietnam.

During the war, about 500,000 U.S. troops were

dispatched to Southeast Asia, about 58,000 of whom were killed and many thousands more were wounded and injured or determined to be missing.

Although U.S. military advisors had been in South Vietnam since 1955, America's first combat mission, Operation Chopper, was launched Jan. 12, 1962, and is acknowledged as the starting point of the war.

On that day, U.S. Army pilots airlifted more than 1,000 South Vietnamese soldiers to an area about 12 miles west of Saigon to capture a National Liberation Front stronghold. The NLF,

also known as the Viet Cong, were communist fighters who were in South Vietnam.

### Ground, air campaigns

The Battle of Ia Drang, which lasted from Nov. 14-18, 1965, was the first major battle between the U.S. Army and the North Vietnamese Army. It took place in the Central Highlands of South Vietnam.

The battle saw the first use of a large-scale helicopter air assault and Boeing B-52 Stratofortress strategic bombers being used in a tactical support role.

Besides ground campaigns, one of the most significant air campaigns was Operation

Rolling Thunder. The operation lasted from March 2, 1965, to Nov. 2, 1968, and involved a sustained aerial bombardment by U.S. and South Vietnamese air assets against targets in North Vietnam. The operation was designed to halt enemy supplies from reaching South Vietnam.

In 1972, another massive bombing campaign was conducted against North Vietnam, known as Operation Linebacker.

The conflict ended in 1975 with the fall of Saigon and the victory of North Vietnam.

### The toll of war

There were more than 58,000 U.S. military casualties.

A total of 9,087,000 military personnel served on active duty during the Vietnam era, from Nov. 1, 1955, to May 15, 1975, with more than 2,709,000 Americans serving in Vietnam, about 9.7% of the generation.

- ▶ 58,318 names are memorialized on a black granite wall in the nation's capital.
- ▶ 304,000 were wounded.
- ▶ 1,253 are missing in action, or MIA, who have not yet returned to American soil.
- ▶ 2,500 were prisoners of war, or POWs.
- ▶ About 610,000 people who fought during the time of the war are still alive today.

# JBSA First Sergeant Diamond Sharp Awards

Joint Base San Antonio First Sergeants Council

The Diamond Sharp Award is sponsored by the Joint Base San Antonio First Sergeants Council and recognizes outstanding Airmen.



**Rank/Name:** Tech. Sgt. Jeffrey Jordan  
**Unit:** 319th Training Squadron  
**Duty Title:** Expeditionary Skills Instructor  
**Time in Service:** 12 years  
**Hometown:** Modesto, California  
 Within 60 days of arrival, Tech. Sgt. Jeffrey Jordan unified four geographically separated sections of the 319th Training Squadron. Getting after the training wing Commander's Strategic Framework, he hosted the first-ever morale event with external mission partners, strengthening relationships and recognizing joint efforts with the 37th Training Combat Arms team. He was elected president of the squadron private organization where he streamlined fundraising tactics and raised \$1,900 – a 40 percent increase compared to the previous quarter. Finally, Jordan restored in-person quarterly recognition and revitalized the Basic Expeditionary Airmen Skills Training graduation ceremony for eight training squadrons.



**Rank/Name:** Staff Sgt. Shawn L. Konetzki  
**Unit:** 836th Cyberspace Operations Squadron  
**Duty Title:** Cyber Warfare Operator  
**Time in Service:** 7 ½ years  
**Hometown:** Sheridan, Wyoming

Staff Sgt. Shawn L. Konetzki went above and beyond to support his unit and wingmen. He managed 102 individual mobilization records, prepared documents and created taskers within the Aeromedical Service Information Management System, ensuring 782 required items were completed for 34 deploying members to two allied nations. He directly coordinated with Sixteenth Air Force to establish unit line numbers for a time-phased force deployment to defend NATO allies against emerging cyber threats. Konetzki quickly and accurately reported 25 COVID-19 positive and close contact reports, ensuring communication of unit status to the Cyber National Mission Force and 67th Cyberspace Wing.



**Rank/Name:** Staff Sgt. Brandon Nevarez  
**Unit:** 502nd Operations Support Squadron  
**Duty Title:** Airfield Management Shift Lead  
**Time in Service:** 3 years, 11 months  
**Hometown:** Las Cruces, New Mexico  
 Staff Sgt. Brandon Nevarez led airfield operations support of the United Service Organization's prescreening of the movie "Dog" at Hangar 1610 at Joint Base San Antonio-Kelly Field. He helped create the concept of operations for seating, sound system and screen placement, handwash stations, and the F-16 static display. He also led volunteers in the set-up and take-down of equipment and coordinated the security detail with the Security Forces Squadron for the star of the movie, Channing Tatum. Nevarez also supported the recent visit to San Antonio by First Lady Jill Biden by coordinating flight planning, fuel and passenger stairs services.



**Name/Rank:** Senior Airman Kylee Talbot  
**Unit:** 802nd Security Forces Squadron  
**Duty Title:** Installation Patrolman  
**Time in Service:** 3 ½ years  
**Hometown:** Hurricane, Utah  
 Senior Airman Kylee Talbot dedicated her off-duty time educating and recruiting 14 local San Antonio high school students about Air Force and Security Forces culture and operations. She demonstrated professionalism within the community by hosting a question-and-answer seminar, sharing her personal boot camp, deployment and patrolman experiences. She showcased duty gear and demonstrated a high-risk traffic stop to intensify the briefing for the students. Additionally, Talbot was coined by the Air Force Security Forces Center commander for her leadership role in developing an Air Force video showcasing new duty gear specifically tailored to female Defenders.



**Name/Rank:** Airman 1st Class Victoria S. Peck  
**Unit:** 502nd Communications Squadron  
**Duty Title:** Cyber Operations Technician  
**Time in Service:** 1 year  
**Hometown:** Wichita, Kansas

Airman 1st Class Victoria S. Peck was elected to dorm council president and hit the ground running, exceeding her No. 1 goal: making sure things are left better than she found them. She listens to Airmen's concerns and works with dorm management to resolve issues, playing a vital role in the relocation of two new Airmen assigned to substandard rooms. Peck coordinated with the JBSA Fire Department to organize a fireside S'mores event which was attended by 40 Airmen. To raise morale for Airmen living away from home, she hosts a weekly game night where residents can relax and connect with each other.



**Name/Rank:** Airman 1st Class Nickolaus Purtell  
**Unit:** 616th Air Communications Squadron  
**Duty Title:** Communications Focal Point Technician  
**Time in Service:** 2 years  
**Hometown:** Dallas, Texas  
 Airman 1st Class Nickolaus Purtell supports 596 Total Force Airman across three locations. He selflessly volunteered to fill a manning shortage for a six-person shop. From the get-go, he picked up tasks and processes with little to no oversight, eliminating a mission standstill. He has since trained four additional team members. Under his leadership, his team was able to process 203 backlogged user account requests, 302 tickets and four change requests. Finally, he collaborated with four back shops to streamline two vulnerability tracking processes, ultimately saving the squadron 50 man-hours in one month.

# Colorectal Cancer Awareness Month:

## Focus on screening, increasing public knowledge

By Bernard Little

WALTER REED NATIONAL MILITARY  
MEDICAL CENTER COMMAND  
COMMUNICATIONS

Observed during March, Colorectal Cancer Awareness Month seeks to increase the public's knowledge about the disease and encourage people to get screened for it.

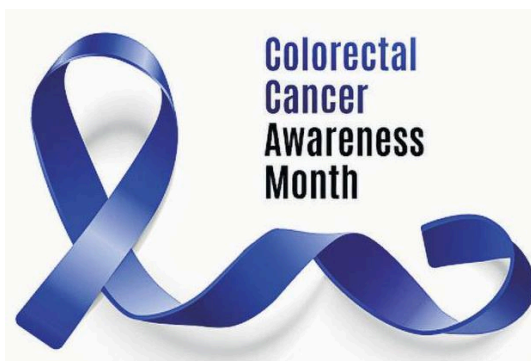
"The colon and rectum, also referred to as the large intestine, are the last several feet of the gastrointestinal tract and are responsible mostly for absorbing water prior to the evacuation of stool," explained Army Maj. Dr. Mary O'Donnell, chief of the Division of Colon and Rectal Surgery, part of the General Surgery Department at Walter Reed National Military Medical Center. She is also an associate program director of the General Surgery Residency and assistant professor of surgery at the Uniformed Services University.

"The human body is made up of cells that grow and divide regularly throughout our lives," O'Donnell said. Colorectal cancer, or CRC, occurs when those cells in the large intestine begin to grow or divide abnormally, invade into the wall of the colon, and sometimes lymph nodes or other organs."

The physician said CRC is often discovered on a colonoscopy, whether done for symptoms or as a screening exam, recommended for everyone at age 45. "Luckily, colorectal cancer is preventable. Screening exams like colonoscopy and sigmoidoscopy remove pre-cancerous polyps before they can grow into cancer."

Priscilla Cullen, a registered nurse in gastroenterology at WRNMMC, said procedures done at the medical center to screen for colorectal cancer.

"At our command, we



perform sedated and CAT scan colonoscopies Monday through Friday, and we do stool tests, call FIT test, on low-risk patients," Cullen said.

"I think it's wonderful we offer various methods of screenings, and patients have a voice in the method chosen," Cullen, added. She said colon cancer screening has lowered the disease mortality and morbidity in those over 60.

O'Donnell listed some of the risk factors for colorectal cancer, including: increasing age (greater than 50 years of age); a family history of colorectal cancer or colon polyps; and diets high in animal fat and low in calcium, folate and fiber.

"Eat plenty of fruits and vegetables. It is also recommended adults eat 25 to 35 grams of fiber daily. Exercise regularly, do not smoke and minimize alcohol intake," she added.

"Unfortunately, colorectal cancer can often be asymptomatic," O'Donnell added. "This is why screening through procedures like colonoscopy are so important in individuals who have no family history of colon or rectal cancer. The current recommendation for a person with no family history of colon or rectal cancer,

or unknown history, is to receive their first screening exam for the disease at age 45."

She added symptoms of colorectal cancer can include, but not limited to, blood in the stool, weight loss, changes in stool habits or caliber, diarrhea, constipation or feeling that the bowel does not empty completely, fatigue, anemia, abdominal pain or bloating, nausea, and vomiting.

O'Donnell explained that while screening for colorectal cancer should begin at 45 for most people, if a person's first-degree relative has had colorectal cancer diagnosed before age 55, then that person should be screened to years earlier than the age at which their relative was diagnosed.

For instance, if a person's mother or father was diagnosed with CRC at age 43, then the person should be screened for it at 33.

"Also, CRC is now tested for markers that may indicate an inherited component. If you have a family member with CRC, ensure you discuss if this may affect screening in your family," she added.

If your screening exams is normal, no polyps or other findings, screening intervals for each exams are:

- » Colonoscopy — every 10 years
- » Virtual colonoscopy — every five years
- » Flexible sigmoidoscopy — every five years
- » Fecal occult blood sample or fecal immunochemical test — every year
- » FIT-DNA stool test — every three years.

"Again, these stool tests should only be done if you have no symptoms or concerns for CRC, as they are screening exams," O'Donnell explained.

According to the American Cancer Society and the National Cancer Institute, if diagnosed early during Stage 1, nine out of 10 people survive colon cancer five or more years. If diagnosed later during Stage 4, less than two out of 10 people survive colon cancer five or more years.

Also according to the ACS and NCI, colon cancer is third most common cancer in the United States and the second leading cause of cancer-related deaths in the U.S. for both men and women; 90 percent of new colon cancer cases occur in people 50 or older; and there are more than one million colon cancer survivors in the United States. The disease claims more than 50,000 lives yearly in the U.S.

She added CRC disproportionately affects African Americans, who are 20 percent more likely to get colorectal cancer than other ethnic groups, for reasons that are complex, including access to healthcare exams and screening, according to the American Cancer Society.

"All beneficiaries in our military healthcare system have access to colonoscopies and screening exams at age 45 or earlier if prescribed by your doctor," O'Donnell stated. "It is important to talk to your doctor about any symptoms you are having concerning for CRC or if you have a family history of

CRC or colon polyps."

Treatments for colorectal cancer vary, O'Donnell explained.

"Small colon cancers that have not yet invaded the colon wall deeply can be treated by a gastroenterologist through advanced colonoscopy techniques. The majority of colon cancers are treated through surgical removal of a portion of the colon and its associated lymph nodes. Chemotherapy can be necessary in addition to surgery based upon the stage of the cancer. Radiation and chemotherapy are often used to treat rectal cancers prior to surgery.

"One of the most common questions I get from patients is, 'Will I need a bag?' or 'Do I have to have an ostomy bag?' This is one of the most feared risks of intestinal surgery that patients have in my clinic and often leads to the avoidance of a first colonoscopy in patients," O'Donnell stated. "It is important to know that needing an ostomy or stoma, where stool is emptied into a bag on the abdominal wall from a connection made by bringing the intestine up to the abdominal wall, is often not necessary in the treatment of these cancers. While we do create an ostomy during some of our surgical procedures, it is often temporary to decrease the risks of a procedure.

"Lastly, if an ostomy needs to be permanent to ensure the cure of a cancer, we have dedicated wound ostomy care nurses trained in helping patients adjust to having a stoma," O'Donnell said. "Many people have completely normal lives with an ostomy bag."

For more information about colorectal cancer, visit [www.cdc.gov/cancer/dcpc/resources/features/colorectal-awareness/index.htm](http://www.cdc.gov/cancer/dcpc/resources/features/colorectal-awareness/index.htm).



# FORT SAM HOUSTON

## MEDCoE student helps save life of victim injured in road rage shooting

By David DeKunder

502ND AIR BASE WING  
PUBLIC AFFAIRS

On Feb. 19, Staff Sgt. Nicholas Newton was driving along the Highway 281/Interstate 10 interchange when he came upon a disturbing scene.

"I saw a truck on the side of the road, or on the road, and someone lying next to the truck," Newton said. "I see blood coming from him and I saw someone over him on the phone, not knowing what to do."

When he pulled over on the side of the road, Newton, a 68W Combat Medic assigned to the U.S. Army Medical Center of Excellence, or MEDCoE, 187th Medical Battalion at Joint Base San Antonio-Fort Sam Houston, found a man lying on the ground with a gunshot wound to his chest and a distraught, shocked and crying woman standing next to him.

Putting on a pair of gloves he had in his vehicle, Newton said he started rendering aid to the victim, undressing the man to see where the bleeding was coming from, which was his upper left chest, and put his glove hand on the wound, applying pressure to stabilize the wound and control the bleeding.

Apparently, the man had been involved in an alleged road rage incident in which someone had shot him, Newton said.

"Bystanders who were there said, 'He just got shot not even 30 seconds ago,'" Newton said.

Newton said he was able to talk to the victim, who told Newton it was getting harder and harder for him to breathe and who Newton observed was experiencing symptoms of shock. Newton said he kept an



JOSE RODRIGUEZ

Staff Sgt. Nicholas Newton, 68W Combat Medic assigned to the 187th Medical Battalion at the U.S. Army Medical Center of Excellence, inventories equipment while aboard a HH-60 MEDEVAC helicopter simulator. Newton was set to complete training in the Critical Care Flight Paramedic Course at MEDCoE March 15.

eye on the man to make sure he was maintaining a good airway to keep breathing.

When police arrived on the scene, an officer provided Newton with a chest seal he was able to put on the chest wound. One of the bystanders, a man who was retired from the Navy, ripped the victim's pants to see if there were any other injuries on his legs, which there weren't.

The next to arrive on the scene was EMS. Working with paramedics, Newton rolled the man over and found a penetrating, exit wound on his

lower back and put a chest seal on it. He then helped paramedics put the victim on a stretcher and the patient was taken to the hospital.

Newton, 29, has been an EMT for 11 years and a paramedic for four years, including both civilian and the military. He has served as a Combat Medic in the Army for more than five years and is currently a student in the MEDCoE Critical Care Flight Paramedic Program.

He said his training as a paramedic, both as a civilian and in the military, guided him

in the saving the life of the man with the gunshot wound. Newton said he followed the processes he has learned for determining what lifesaving interventions he needed to conduct and strategizing what he needed to do next to keep the victim alive, while communicating what he was doing to bystanders and first responders on the scene as he was taking care of the patient.

"I started working without thinking," Newton said. "Automatically, I went into action and started treating the

patient. I was able to react appropriately. I was able to keep calm and stay in control of what's going on and still be able to communicate what's supposed to happen and work at the same time. I became a medic to help people and I was able to help somebody."

In regards to being put into a potentially dangerous situation, since the shooter left the scene and could have come back, Newton said that thought never crossed his mind as he was trying to save the life of the wounded man.

"I didn't think about the shooter coming back until after calming down for a second," Newton said. "I was like, 'Oh man, the shooter really could've come back.' But at the time, I was thinking, 'This guy needs help and I can help him right now. So, let me help him right now.'"

From what he has learned recently, Newton said the man he helped save the life of was still in critical condition at a local hospital intensive care unit, after undergoing a couple of procedures. As of press time, the alleged shooter has not been found.

Newton's command team will be recognizing him for his heroic efforts in saving a life.

Newton is set to complete the Critical Care Flight Paramedic Program March 15 and will advance to the next level of training in the Aviation Air Member Crew Course at Fort Rucker, Alabama, starting March 21.

Once he completes the Aviation Crewmember Course, Newton will become a Combat Medic with an additional skill identifier as a Critical Care Flight Paramedic.

# New discharge lounge opens at BAMC to improve patient flow

By Lori Newman

BROOKE ARMY MEDICAL CENTER  
PUBLIC AFFAIRS

A new patient discharge lounge opened at Brooke Army Medical Center March 8 for patients preparing to leave the hospital.

The lounge is located on the first floor behind the 24-hour Micro Market area in the pediatric hallway. Currently, the service is available Tuesday through Thursday from 8 a.m. to 8:30 p.m. and can accommodate up to six patients at a time.

“The discharge lounge is an evidenced-based practice intervention to expedite inpatient bed availability,” said Army Col. Jody Brown, deputy commander for inpatient services. “It improves patient throughput by allowing discharged patients to depart their inpatient rooms while awaiting completion

of the discharge process or transportation.

“Utilizing the discharge suite allows opportunities for the Emergency Department and other areas of the hospital to transfer patients to inpatient beds and improve the flow of patients throughout the entire hospital,” she added.

The discharge lounge is staffed by a licensed vocational nurse and a certified nursing assistant. Patients must meet certain criteria to safely transition to the lounge.

“The nursing and physician staff have been provided guidelines which includes criteria to ensure the appropriate patients are transitioned to the discharge lounge,” Brown said. “Frequent communication is essential and we’ll continue to keep the team updated as we refine the process.”

The LVN reviews all patients with discharge orders and

communicates with the charge nurses on the floors to discuss suitability for the lounge. Once patients are identified, a positive conversation is conducted with the patient on the transition. The unit nurse contacts the lounge LVN prior to transporting the patient and provides an SBAR (situation, background, assessment and recommendation).

Brown credits Jeffrey Pitman, chief of nursing supervisors, for spearheading the initiative and being the driving force in bringing the concept from an idea to execution.

“We continue to evolve the aesthetics of the discharge lounge and the overall process to optimize this capability,” Brown said. “We want our patients to have a suitable place to wait for their discharge medication or for someone to come pick them up.”



COURTESY PHOTO

*Aisha Williams, licensed vocational nurse, provides an update on the list of patients ready for discharge to Army Col. Jody Brown, deputy commander for inpatient services; Jeffrey Pitman, chief of nursing supervisors; and Helen Smith, certified nursing assistant, in the new discharge lounge at Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston, March 9.*

# NAMRU San Antonio conducts Quantitative Detection of Pain Study

By Burrell Parmer

NAVAL MEDICAL RESEARCH UNIT  
SAN ANTONIO PUBLIC AFFAIRS

Dental health and readiness is crucial in the military health system. To increase readiness, researchers assigned to Naval Medical Research Unit San Antonio, or NAMRU San Antonio, have been conducting a study for the Electrodermal Activity Sensing for Quantitative Detection of Pain.

According to U.S. Navy Cmdr. Drew Havard, NAMRU San Antonio's deputy director for Craniofacial and Restorative Medicine, electrodermal activity is fluctuations in the electrical characteristics of the skin, typically controlled by the sweat glands.

"More sweat means more skin conductance and thus more electrodermal activity," Havard said. "When you start to get anxious or are in a state of discomfort, your palms are typically sweaty or clammy. We believe that a machine learning algorithm can be trained to distinguish between pain and anxiety based on this activity to help dental care providers provide optimal care to their patients."

"This tool would potentially help distinguish pain from anxiety to allow providers to better treat patients," he said.

"Accurate determinations of pain will lead to a more appropriate use of pain medications and therefore will increase patient safety and potentially lower costs. Anxiety may also be determined and addressed making patients more likely to participate in routine care before dental emergencies occur," Havard added.

The success of the study, which began in 2019, is dependent upon volunteers.



BURRELL PARMER

*Stephanie Speaker (right), of West Warwick, Rhode Island, a biomedical engineer from the Naval Undersea Warfare Center, conducts a test for the Electrodermal Activity Sensing for Quantitative Detection of Pain on Katie Geary (left), of Belcamp, Maryland, a research engineer with NAMRU San Antonio, while Cmdr. Rachel Werner, of Cocoa Beach, Florida, head of NAMRU San Antonio's Maxillofacial Injury and Disease Department, observes.*

The study has tested 45 subjects with the objective of testing 35 more, explained Katie Geary, a research engineer with NAMRU San Antonio.

"The more volunteers we can recruit for this project, the better our final product will be," said Geary, who has been actively working in the biomedical engineering field since 2015.

"Machine learning algorithms are only as 'smart' as the data they are trained on allows them to be," he added. "The more subjects we recruit,

the larger our data pool to train from and the better our final algorithm will be at making an educated guess as to how patients are feeling."

As the project is still in the data collection and preliminary algorithm training phase, NAMRU San Antonio expects it to be deployed for clinical testing in 2023.

Referred to as the "EDAPS" program, the system would be deployed in all Department of Defense dental facilities after development and testing.

There are seven NAMRU

San Antonio team members on the project to include Havard, Geary, Jacqueline Villanueva, Justin Bequette, Dr. William D'Angelo, Cmdr. Leslie Trippe and Cmdr. Rachel Werner. Additional support is being provided by Stephanie Speaker, a biomedical engineer from the Naval Undersea Warfare Center who is temporarily assigned to NAMRU San Antonio. The team also collaborates with Dr. Ki Chon from the University of Connecticut and members of his laboratory: Dr. Hugo

Posada-Quintero, Youngsun Kong, and Andrew Peitzsch.

The procedures in this study are designed to create the illusion of pain in one phase and slight discomfort the second phase without creating any real damage to the patient.

All procedures in this study have been evaluated by the NAMRU-SA Institutional Review Board and determined to be safe.

The study includes 30 to 40 minutes of a subject's time and is conducted on Tuesdays and Fridays at the Battlefield Health and Trauma Building 2 located next to the Brooke Army Medical Center until March 31. Alternate days can be accommodated.

Volunteers may include Department of Defense ID card holders and family members of NAMRU San Antonio, Navy Medicine Training Support Center, U.S. Army Institute of Surgical Research, 59th Medical Wing and 7th Human Performance Wing.

To volunteer for the study, email NAMRU San Antonio Public Affairs Office at [usn.jbsa.namrusanantonioxt.mbx.pao@mail.mil](mailto:usn.jbsa.namrusanantonioxt.mbx.pao@mail.mil).

NAMRU San Antonio's mission is to conduct gap driven combat casualty care, craniofacial, and directed energy research to improve survival, operational readiness, and safety of Department of Defense personnel engaged in routine and expeditionary operations.

It is one of the leading research and development laboratories for the U.S. Navy under the DOD and is one of eight subordinate research commands in the global network of laboratories operating under the Naval Medical Research Center in Silver Spring, Maryland.



# BAMC leader's 'barn burn' workouts foster fitness, engagement

By Elaine Sanchez

BROOKE ARMY MEDICAL CENTER  
PUBLIC AFFAIRS

The sun has not risen yet at Joint Base San Antonio-Fort Sam Houston, and the streets lined with stately officers' quarters and ancient trees are peaceful and still — with one exception.

Back behind his 19th century home, Brig. Gen. Clinton Murray is cranking up a late 80s pop song from the dusty interior of a barn that serves as his gym.

As the notes of The Proclaimers' "I'm Gonna Be (500 Miles)" fill the room, a handful of motivated teammates from Brooke Army Medical Center kick up clouds of dust as they count off jumping jacks and air squats.

Leading the group and barely breaking a sweat is their "barn burn" leader, who is also the BAMC commanding general. As the song nears its end, Murray calls out encouragement to the group, "Just a few seconds more. Almost there!"

As the last notes fade, the group collapses to their now-dirt-covered mats in relief, but not for long. Next up is Reel to Reel's upbeat "I Like to Move It," signaling the start of crunches and heel touches.

Murray's Thursday morning song-inspired barn burns, open to any BAMC team member who would like to join in, have become the stuff of legend since he kicked them off almost a year ago. He holds the sessions in a barn built in 1917, the year the U.S. entered World War I, and, coincidentally, a year prior to the influenza pandemic that wiped out about 50 million people around the world.

History has been kind to the barn; it's well-preserved but mostly unchanged, with



COURTESY PHOTO

Brig. Gen. Clinton Murray, Brooke Army Medical Center commanding general, stands with members of Team BAMC after an early morning workout at JBSA-Fort Sam Houston Feb. 24. Murray holds the sessions Thursdays in a barn built in 1917 behind his on-post residence with small groups of BAMC staff.

dirt-covered floors and rough-hewn wooden beams. But, shielded from the rain and wind, Murray finds it a perfect location for a workout.

Stories have circulated about the commander's challenging workout, and there are whispers of a rumored few, such as Chaplain (Col.) Stanley Smith, who have made it out of the way through.

"My wife and I do cross-fit, which is why I was able to complete the commander's circuit," explained Smith, BAMC's command chaplain. "Not that it was easy! It's an awesome event, not only because it's a great workout, but primarily because our commanding general leads the way."

While the stories seem to get more exaggerated with time, the workout is much less difficult than perceived, Murray said. He demonstrates safe modifications throughout to ensure all fitness levels can participate. "The barn is a no-judgement zone," he said.

breakfast cooked by his wife, LeeAnn. The now-hungry participants pile their plates with healthy, homemade breakfast foods, grab a water or coffee, and sit around the fire pit chatting about life, work and any other topic that comes to mind.

"I really enjoy these engagements," Murray said. "It's a gift to be able to spend time with the team away from the rigors of everyday hospital demands, and this environment is more conducive to open conversation. We can talk about everything, but I encourage the teams to take advantage of the one-on-one time and to share their challenges or concerns."

Maj. Charles Wyatt, business operations division chief, said he appreciated the opportunity to share a few, pressing issues. "Everything I addressed that morning was actioned by the end of the week," he said. "I think it's imperative that senior leaders take advice from lower-level leadership to better gauge the real issues within the organization. This forum achieved that."

Murray attributes the fire pit conversations for insights gained on everything from MHS GENESIS challenges to staffing, equipment or training gaps. "I've had groups of doctors, nurses, technicians and support personnel of all ranks and grades, and have learned something new from each of them," he said. "I make sure to take any concerns back to our leadership teams to ensure visibility and to explore courses of action."

"Ultimately, it's a great way to get to know everyone while knocking out a great workout session," he added.

Murray's active command engagement also extends to visiting wards and staff

throughout the hospital, and he's often seen during night shifts, holidays and weekends. He prefers handing out awards and coins himself whenever possible, and his selfies with team members are prolific on social media. However, the barn burns are most likely to go down in history once the commander departs.

"It's important to think outside the box and find ways to connect one-on-one with your team," Murray said.

Air Force Capt. Cassidy McEuen, executive officer, 959th Medical Group, said the workout, while challenging, will remain a high point in her career. "It was amazing to have an Army-Air Force workout together with our commanding general," she said "I've never had the opportunity in my almost 17-year career to work out and then have breakfast with a general officer."

Murray's Barn Burn Workout (songs can be modified based on preferred genre):

- » "I'm Gonna Be" (500 miles) (3:37) - jumping jacks and air squats
- » "I Like to Move It" (3:39) - crunches and heel touches
- » "Flower (Sally Ups)" (3:25) - air squats
- » "Cha Cha Slide" (3:41) - straight arm planks with hip/leg movements
- » "Roxanne" (3:20) - bicycles
- » "5150" (3:01) - bridges
- » "Ghostbusters" (4:03) - burpees
- » "Can't Touch This" (3:36) - Side planks
- » "Rock and Roll Part 2" (3:12) - rest
- » "Tubthumping" (3:23) - burpees
- » "We Will Rock You" (2:01) - superman
- » "What Ifs" (3:07) - T-pushups
- » "Thunderstruck" (4:47) - air squats

# Pediatric Intensive Care Unit reopens at BAMC

By Lori Newman

BROOKE ARMY MEDICAL CENTER  
PUBLIC AFFAIRS

Brooke Army Medical Center reopened its Pediatric Intensive Care Unit March 1 after a two-year hiatus. The PICU mission was temporarily paused due to the COVID-19 pandemic and to conserve resources and personnel.

"Our first step is the opening of two pediatric intensive care beds on our pediatric ward staffed by pediatric critical care nurses," said Army Col. (Dr.) Matthew Borgman, pediatric intensivist. "As we get more trained nurses," the aim is to expand into a stand-alone PICU, he added.

"Having a higher level of care available to our younger beneficiaries allows us to expand the type of capabilities, surgeries, and procedures to children and adolescents of all ages," said Air Force Lt. Col. (Dr.) Renee Matos, pediatric critical care physician.

"This also allows us to better coordinate care for our patients with complex medical needs who are



JASON W. EDWARDS

*Sheri Flores, Pediatric Intensive Care Unit charge nurse, treats Margaret Moore, the first patient admitted to BAMC's new Pediatric Intensive Care Unit.*

intentionally stationed here through the Exceptional Family Member Program," Matos said. "Many of our patients have close relationships with their Joint Base San Antonio pediatric subspecialty team, and now they will be able to be a part of their care should they need to be admitted to the PICU."

Courtney Moses' daughter, Kaileigh, was admitted to the PICU March 8, after a visit to the Emergency Department for possible sepsis.

"Kaileigh was actually born at BAMC at 24 weeks, and was in Neonatal ICU for quite a while," Moses said.

The 10-year-old has epilepsy and hydrocephalus, a build-up of fluid in the cavities deep within the brain. She also has a tracheostomy, is on a ventilator and has a feeding tube, Moses explained.

Moses feels continuity of care is important because of her daughter's ongoing medical concerns.

"She sees all her subspecialty doctors at BAMC," Moses said. "So being here definitely makes it easier for her providers to keep up to speed on her status and where she is at with the management of her healthcare while she is in the ICU.

"We feel like the nurses and doctors here are like another family to us," she said. "They know her history from the very beginning and they know us so well. It just makes it easier knowing that she's going to get amazing, above-the-notch care at BAMC."

Melinda Moore agrees. Her 7-year-old daughter Margaret was the first patient admitted to the new PICU after being

diagnosed with Type 1 diabetes.

"The care has been phenomenal, everything from being down in the ER to the transition up here to the PICU," Moore said. "Everyone has been courteous and really helpful with making sure she is comfortable with what's happening and that we have the information we need."

Reopening the PICU also benefits the graduate medical education residents and fellows across multiple departments because they are able to expand their experience and exposure to children with complicated health cases, which increases their readiness capability.

"The ability to care for critically ill children provides experience and exposure to our entire medical care team, including nurses, techs, respiratory technicians, and others who also benefit from increased readiness," Matos said.

"More importantly, having these ICU capabilities allows our pediatric patients who are at their sickest to remain with their own doctors and care team rather than being transported to a new facility with new providers," she added.



JOINT BASE SAN ANTONIO

# FORCE SUPPORT SQUADRON

## Monthly Events

April

### Attention

Due to COVID-19 event times and dates may change, and for the safety of both staff and customers, current HPCON guidance will be followed at all locations.

### Aquatics

#### Patrons hunt for eggs underwater

The Underwater Easter Egg Hunt takes place at the JBSA-Lackland Skylark Aquatics Center April 16 from 11 a.m. to 3 p.m. The cost is \$2 per youth. Participants are broken up by age group, 11 a.m. to noon for ages 5-7, noon to 1 p.m. for ages 8-10, 1-2 p.m. for ages 11-13 and 2-3 p.m. for ages 14-16. Prizes will be given out and there will be a special visit from the Easter Bunny. For more information, call 210-671-3780.

### Bowling

#### Military children are celebrated

Children, ages 12 years and younger can bowl up to three free games at the JBSA-Randolph Bowling Center on Sundays in April from 1-4 p.m. when accompanied by an adult that bowls an equal amount of games. Rental shoes are not included. Adults pay a special rate of \$2.75 per game, not including rental shoes. For more information, please call 210-652-6271.

#### Patrons enjoy a discount for the holiday

The JBSA-Randolph Bowling Center is offering an Easter Day Bowl One/Get One special. Bowl one hour at \$12 per hour, per lane for up to six people and get one hour free. Rental shoes are not included. For more information, please call 210-652-6271.

#### Bowlers enjoy special rates

The JBSA-Fort Sam Houston Bowling Center offers patrons three games of bowling for \$5 every Tuesday and Wednesday from opening to closing. For more information, please call 210-221-4740.

The JBSA-Lackland Skylark Bowling Center invites everyone to come by during regular business hours every Tuesday for \$5 bowling. Bowl three games for \$5. Patrons can also come by every Friday from 11 a.m. to 3 p.m. and get a full hour of bowling for only \$7.50. For more information please call 210-671-1234.

#### Patrons bowl under the stars

The JBSA-Fort Sam Houston Bowling Center holds cosmic bowling every Saturday from 4-9 p.m. everyone is invited to come out and enjoy this party under the lights at cosmic bowling while a DJ provides musical entertainment. For more information, call 210-221-4740.

Check out the JBSA-Randolph Bowling Center Saturdays from 6-9 p.m. for Galactic Bowling. Galactic Bowling features cosmic lights combined with LED Center Punch Deck Lighting, LED Lane

Capping, LED Ceiling Lights and is enhanced with three 118' projection screens playing "mom approved" music videos. Select your preferred exciting option to bowl at the special rate of \$15 per hour per hour of bowling. For more information, call 210-652-7271.

### Clubs

#### Bingo fun is at the club

Bingo takes place at the JBSA-Randolph Kendrick Club every Sunday, 3 p.m. and Monday-Thursday, 6:30 p.m. in the ballroom. Admission is free for members and \$10 for nonmembers. Members have the chance to win full jackpots and nonmembers can try to win half jackpots. Don't forget to play every Tuesday and Wednesday to qualify for the monthly member prize give-away.

Bingo Extravaganza is held April 4 and 18, 6:30 p.m. Join us for a chance to win a larger jackpot. Birthday Bingo is held April 12. Club members with a birthday in April receive a complimentary bingo machine. Randolph Club members only along with ID and proof of membership required. For more information, call 210-652-3056.

Come on out to the JBSA-Lackland Gateway Club and try to win some great Fiesta baskets and Piñatas w/Gift cards. The cost is \$20 for members or \$25 for nonmembers. A Pay As You Go Bar will be available along with some half-price snacks. To make a reservation, call 210-645-7034 between April 1 and April 20. No refunds after April 21. The cost for the event at the door is \$25 for members and \$30 for nonmembers. There will be a club card drawing and the winners will select prizes from the prize table.

#### Patrons have Easter breakfast at the club

Head to the JBSA-Lackland Gateway Club for a delicious Easter Sunday breakfast, April 17 from 8:30-10:30 p.m. The menu includes and omelet bar, pancake & waffle bar, glazed ham, fluffy scrambled eggs, crispy bacon, pork sausage, home fried potatoes, shrimp and grits, biscuits and country gravy, crepes with fresh strawberries, fresh fruit salad, Danish rolls, beverages, Easter treats & cakes. This a reservations only event with limited seating. To make a reservation, call 210-645-7034 between April 1-13. Reservations will be paid for at the time of the booking. No refunds after 13 April and no coupons accepted for this event. Club reserves the right to place reservation in seating area. The cost for members is \$19.95, and \$21.95 for non members. The cost for children is \$9.95 for members, and \$11.95 for non members. Children 4 and younger eat free. For more information, call 210-645-7034.

#### Birthdays are celebrated

The JBSA-Randolph Parr Club celebrates all birthdays for the month on April 19, from 11 a.m. to 1 p.m. Come out for a complimentary lunch buffet. There is no cost for the birthday member. For those not celebrating the cost is \$10 for members and \$12 for

nonmembers. Coupons are not accepted for this event. For more information please call 210-658-7445.

#### Customers are appreciated

The JBSA-Lackland Gateway Club hosts Customer Appreciation Night April 26, 5-7 p.m. in the Fiesta Ballroom with entertainment provided by DJ Tony Style. The price is \$12.50 for members and \$15.50 for non-members. The menu features traditional tossed salad, lobster bisque soup, spicy grilled shrimp kabobs, London broil, rice pilaf, Dutchess potatoes, steam broccoli spears w/red pepper strips, mixed vegetables, rolls, fruit salad, ice cream bar, turtle brownies and cheesy cobbler. No coupons accepted for this event. For more information, call 210-645-7034.

### Canyon Lake

#### Boat tour offered at Canyon Lake

The JBSA Recreation Park @ Canyon Lake encourages everyone to come out for the Beyond the Marina Boat Tour April 2 and 16 from 3:30-5 p.m. Enjoy an hour and a half chauffeured boat tour around Canyon Lake. Encounter breath taking scenic views, discover the lake's history and the town that still resides beneath. This is open to all DOD ID cardholders. The cost for the tour is \$30 per adult and \$15 per child 12 years and younger. Register by contacting our call center at 830-964-3576 or email jbsalodgingres@gmail.com.

#### Patrons learn how to be safe on the water

Please join us April 9 and 23 from 11 a.m. to 1 p.m. at the JBSA Recreation Park @ Canyon Lake at the Hancock Cove Beach for a two-hour class on everything you need to know about boat operation, rules of the water and safety guidelines. The cost for the class is \$40 per person and there are limited spots. Participants for the boating class must be 21 years or older and have completed the Boater Safety course one of the following locations, boaterexam.com, Boat-ed.com, BoatUS.org, or iLearnToBoat.com. To reserve a spot or for more information, call 830-964-3576 or email jbsalodgingres@gmail.com.

#### Patrons learn a new skill

Enjoy the cooler weather at JBSA Recreation Park @ Canyon Lake while learning a new skill at the Dutch Oven Cooking Class. Come out April 23, 1-2 p.m. and learn to make some scrumptious treats for family and friends. The cost for this class is \$20 per person and all supplies are included. To reserve your spot, please call 830-964-3576 or email jbsalodgingres@gmail.com.

#### Customers save money with an annual pass

Purchase a Joint Base San Antonio Recreation Park @ Canyon Lake annual pass for \$75. Buy one and enjoy the lake all summer. This pass gets you into the



# JBSA FSS

both Sunny Side and Hancock Cove sides of the facility. Otherwise, the daily entry fee for the park is \$10 per visit, per vehicle. Annual passes include a vehicle and boat/trailer pass and are valid for one year from date of issue. Annual pass holders are not charged the boat launch fee. For more information, call 830-226-5357.

## Patrons save money while having fun on the water

Come out to the JBSA Recreation Park @ Canyon Lake any time in April and get 25% off a boat rental and enjoy a free ski package. The price includes all required safety equipment such as life vests but does not include fuel. Now is a great time to take advantage of a less crowded lake and save money. Email [jbsamarinasuper@gmail.com](mailto:jbsamarinasuper@gmail.com) for reservations. Patrons must have taken the Boater's Safety Course through the State of Texas to be able to rent a boat.

All month long in April patrons can rent a kayak, paddle board or canoe for one hour and get a second hour free. For more information please call 830-964-3576.

## Community Services

### The theater puts on a show

Head out to the JBSA-Fort Sam Houston, Fort Sam Houston Theater by April 9 to catch a presentation of "Juke Joint". Juke Joint is a postmodern jukebox revue featuring songs made famous by artists such as Lady Gaga, Elton John, The Spice Girls, Christina Aguilera, Guns N' Roses, Phil Collins, Aerosmith, Beyoncé, Taylor Swift and many more. The Harlequin is teaming up with one of the premier dance studios in San Antonio to put together a production like never before.

Doors for these shows open at 7 p.m. and the show starts at 8 p.m. Ticket prices are \$22 for adults, \$10 for children 12 and younger and \$18 for military students. This show is sponsored by THE GUNN AUTOMOTIVE GROUP and GEICO. No federal endorsement of sponsor intended. Please note all civilian reservations must be made by Tuesday at noon to gain gate access for the weekend shows. For more information or to make a reservation, call 210-222-9694.

### Families go on an Easter egg hunt with their dogs.

Bring the whole family, including the dog out to the JBSA-Lackland Arnold Hall Doggy Easter Egg Hunt. Held April 16 at 10 a.m. There are over 200 eggs filled with treats and prizes to sniff out. The deadline to register is April 11. For more information or to register call 210-671-2619 or email [arnoldhallevents@gmail.com](mailto:arnoldhallevents@gmail.com). Like us on Facebook and Instagram @ArnoldHallCC for updates on the latest events.

### Bingo fun is at Arnold Hall

Come join JBSA-Lackland Arnold Hall April 28 at 6 p.m. for bingo night. Gather some friends and try your luck at winning prizes. A cash bar will be available for adult beverage purchases. Bingo packs start at \$20. Registration is required. Deadline to register is April 18. For more information, call 210-671-2619 or email us at [arnoldhallevents@gmail.com](mailto:arnoldhallevents@gmail.com).

### Patrons keep their cars road ready

Let the JBSA-Lackland Auto Hobby Shop technicians

prepare your vehicle for any vacations planned during the hottest season of the year. The full service department provides tune-ups, charging system tests, oil changes, undercarriage, suspension and drive-line inspections, A/C systems performance test, repairs, Texas state inspections and more. The self-service side gives the do-it-yourself crowd a place to work on a vehicle and access to many tools that may not be in a home garage. Moreover, since COVID-19 is still around, the Auto Hobby Shop is still offering a complete vehicle disinfection service for only \$35. To make an appointment, call 210-671-3549. Operating hours are Tuesday and Thursday from 10 a.m. to 7 p.m., Wednesday and Friday from 9 a.m. to 6 p.m. Saturday from 8 a.m. to 5 p.m. and is closed Sunday and Monday.

### Precious memories are framed for a lifetime

Both the JBSA-Lackland and the JBSA-Randolph Frame Shops offer discounted framing services for all framing needs. Their expert frame will help customer design a one of a kind custom frame to display those precious memories or special achievements. In addition, they will match any off-base price on a comparable custom framing job. For questions about framing, please call 210-671-5503 for JBSA-Lackland or 210-652-5142, option 3 for JBSA-Randolph.

## Equestrian Center

### Customers go on trail rides every weekend

The JBSA-Fort Sam Houston Equestrian Center encourages everyone age 7 and older to come out for a trail ride. No experience is required and rides are by appointment only every Saturday and Sunday, 10 a.m. and 1 p.m. Trail rides are \$30 per rider. All riders must arrive

30 minutes prior to their appointment time. Adults must accompany children under the age of 13. Riders must be at least 4 feet, 6 inches tall and weigh no more than 200 pounds. Weekday trail rides, group rides and team-building rides are available by appointment for \$40 per person. To make reservations, call 210-224-7207.

For the smaller riders that aren't quite ready for trail rides the equestrian center also offers parent-led pony rides for \$10 for children age 6 and younger. Pony rides are offered every Saturday and Sunday from 10 a.m. to 2 p.m. Adults must accompany their children and availability is on a first come, first served basis. Pony rides can also be coordinated for weekdays on an appointment basis as well as for parties or other special events held on site. A covered deck is available for small parties for half-day use for \$50. For more information, call 210-224-7207.

### Riders of all experience levels attend lessons

The JBSA-Fort Sam Houston Equestrian Center offers horseback riding lessons for beginners and advanced riders in both English and Western style riding. Therapeutic riding lessons are also available and taught by certified instructors. Horses, saddles and tack for lessons will be provided if needed. Patrons must be at least seven years old. The price is \$60 per hour for a private lesson, \$50 for semi-private and \$40 for group lessons. Lessons are available by appointment only most days of the week and in the evenings. Helmets are also available if needed for the lessons. For more information, call 210-224-7207.

## Fitness

### Customers are appreciated

The JBSA-Randolph Rambler Fitness Center is hosting a



Customer Appreciation Day April 2 from 11 a.m. to 1 p.m. to thank customers for choosing the Rambler Fitness Center for their workouts. There will be giveaways and light refreshments. Join the Fitness Center in celebrating a fit tomorrow. For more information, call 210-652-7263.

#### Athletes push their limits

A variety of fitness work-outs are conducted throughout the day April 6, 7 a.m. to 2 p.m. at the JBSA-Lackland Kelly Fitness Center. Using the premier on demand fitness provider (Wellbeats™). Classes include kickboxing, circuit training, step aerobics, cycling and dance aerobics. For more information, please call 210-925-4848.

The JBSA-Lackland Warhawk Fitness Center encourages everyone to come out April 8 at 11 a.m. for the 20/20 Workout Challenge. This is a quick and simple way to get in a quality workout. Consisting of 20 different moves, with 20 reps each, with to goal to finish the circuit in 20 minutes. For more information, call 210-671-2016.

The JBSA-Lackland Gillum Fitness Center is hosting a 4 x 4 meter relay for all DoD ID cardholders April 22. For more information, please call 210-977-2533.

Patrons are invited to come out to see who can lift the most weight. Participate in the JBSA-Fort Sam Houston Central Post Fitness Center's Coed Dead-lift Competition held Monday-Friday from 5 a.m. to 1 p.m. all month long in April. There will be categories for men and women but no weight class. Each patron is to make sure a staff member verifies the weight pressed each time. The man and woman who lift the most weight will be awarded a prize at the end of the month. This is open to all DoD ID cardholders. For more information, call 210-221-3593.

#### Skills are shown off on the basketball court

Competitors show off their skills April 16, 11 a.m. to 1 p.m. at the JBSA-Fort Sam Houston Jimmy Brought Fitness Center. Participants compete in a three-point shooting skill contest. The shooters who make the most three-point baskets from the five designated locations will be our new champions. Prizes will be awarded to the top male and female winners. For more information, call 210-221-1234.

#### Golf

##### Golfers get paired up with a PGA pro

Come out to the JBSA-Lackland Gateway Hills Golf Course April 9, 8 a.m. for the Gateway Hills Pick-A-Pro tournament. Individuals participating in this year's event will Blind Draw a PGA Professional that made the cut at the Masters' Golf Tournament. Format is individual stroke play. Scoring per hole is the combination of the golfer's score and the Pro's score. The lowest combined scores are the winners. Entry fee is \$10 per person and the registration deadline is April 6. Fee does not include green fee and cart fee and goes towards the prize fund. Sign up through the JBSA Golf Clubs App. Golfers will be sent their start times and all the necessary information. For more information, please call 210-671-3466.

##### Golfers participate in a scramble

Come out to the JBSA-Fort Sam Houston Golf Course April 14, 12:30 p.m. for the Warrior Golf Scramble. The

cost for this golf scramble is \$35 for DoD ID cardholders and Fort Sam Houston Golf Club members and \$45 for nonmembers. Price includes greens fee, golf cart and lunch for players. For more information, call 210-222-9386.

**JBSA HARLEQUIN THEATRE**  
PRESENTS  
**JUKE JOINT**  
**MARCH 11- APRIL 9**  
Doors Open 7 pm/Showtime 8 pm.  
Fort Sam Houston Theater 2417 Stanley Road

Featuring songs by Lady Gaga, Elton John, Spice Girls, Christina Aguilera, Guns N' Roses, Phil Collins, Aerosmith, Beyoncé, Taylor Swift and more! We are teaming up with one of the premier dance studios in San Antonio to bring you a production like never before!

**For more info or reservation, call (210) 222-9694**

**\$22 adults \$10 12 and younger \$18 Military Students**

**GEICO MILITARY**

No federal endorsement of sponsors intended.

#### Golfers compete in a tournament

The JBSA-Fort Sam Houston Golf Course hosts the Spring Stroke Play Championship April 16-17. Start time on Saturday, April 16 is any time before noon. Golfers must play with someone in the tournament and on the designated course. Sunday tee times will be based on Saturday scores. Entry fee is \$35 and covers prizes and food after play on Sunday. Greens fees and cart rental fee will be player's responsibility. All registration and scoring will be done through the JBSA Golf App. Deadline to register is COB April 14. For more information, please contact the Golf Pro Shop at 210-222-9386.

#### Patrons earn a free lunch combo

Pick up a Lunch Loyalty Card at any JBSA-Golf and Bowling location and get a punch for every combo purchased at any of the six locations. The combo meal includes sandwich, side and drink. After 10 punches, customers get the 11th combo free. For more information, call JBSA-Fort Sam Houston at 210-222-9386, JBSA-Lackland at 210-671-3466, and JBSA-Randolph at 210-652-4653.

#### Games are enhanced with a mobile app

Download our app from the IOS App store for iPhone users and from the Google Play Store for Android users. This is our best form of communication to you. News, weather, employment opportunities, event registration, calendars, etc. are all available within our App. This tool

is required to play in our events, and golf tournaments are now being scored within this App which provides GPS and a live leaderboard, so participants know where they stand. For more information, call JBSA-Fort Sam Houston at 210-222-9386, JBSA-Lackland at 210-671-3466, and JBSA-Randolph at 210-652-4653.

#### Information, Tickets and Tours

##### Patrons stay updated on travel deals

Tune into "Monthly Travel Talk" April 12, 11:30 a.m. via Facebook Live on the Joint Base San Antonio Information Tickets and Travel Facebook Page, facebook.com/JBSAINFOOTICKETSANDTRAVEL. Get updates for attractions, pricing, travel deals, ask questions and talk about everything travel related. For more information please call the JBSA-Fort Sam Houston office at 210-808-1378, JBSA-Lackland at 210-671-3059, or JBSA-Randolph at 830-266-9333.

##### Patrons save on money theme park admission

2022 Military Salute tickets for Disney Theme parks have arrived at all JBSA ITT Locations. 2022 Military Salute ticket prices are valid through Dec. 12, 2022. A 4-Day Disney Military Salute Ticket with Park Hopper Option is \$83 per day for a total of \$329 and a 5-Day Disney Military Salute Ticket with Park Hopper Option is \$70 per day for a total of \$349 for ages 3 and older. There is a strict limit of six per U.S. active-duty military and 100% disabled veterans. Due to stock limitations, we ask that ticket orders be placed 2-3 weeks prior to any travel dates. For additional information and eligibility rules, call 210-671-3059. Also, customers can plan their resort stay with up to 40% off Walt Disney World Resorts.

Universal Orlando Resort introduces the Military Freedom Pass offering DoD ID cardholders, 100% disabled veterans and their families a chance to visit the world-class entertainment destination all year and without blackout dates. This special offer of allows all eligible personnel to enjoy two or all three award-winning theme parks, including Universal Studios Florida, Universal's Islands of Adventure and Universal's Volcano Bay. For more information, please call 210-671-3059.

#### Military & Family Readiness

##### Parenting with love and logic

Mental Health has partnered with M&FRC to offer a virtual Love & Logic Parenting class, April 6, 10-11 a.m., providing practical techniques to help parents raise responsible children, see immediate behavior changes, and have fun. To register, call 210-652-5321.

##### Participants unlock professional connections

Learn how to build a professional profile showcasing your abilities and maximize networking capabilities during the virtual LinkedIn 101 workshop, April 12, 9-11 a.m. To register, call 210-652-5321.

##### Attendees get familiar with Thrift Savings Plan

Participants review the different aspects of a Thrift Savings Plan like contribution limits, return rates, tax-deferred investments, and



more, during a virtual TSP workshop, April 14, 10 a.m. to noon. To register, call 210-671-3722.

#### Class provides insight on preparing a federal resume

Job seekers review the latest guidance and trends for preparing a federal resume, tips to decipher for reading vacancy announcements, and more during the virtual Tips for Writing A Federal Resume workshop, April 19, 1-3 p.m. To register, call 210-671-3722.

#### Ceremony to recognize Volunteers

Volunteers play an integral role in our community and make a significant impact on the lives of others. Join us at the JBSA-Fort Sam Houston Military & Family Readiness Center to recognize their contributions during the annual JBSA Volunteer Awards Ceremony, April 20 from 1-3:30 p.m. For more information, call 210-221-2705.

#### Class reviews USAJobs navigation and resume writing

Learn to create a federal resume and navigate the USAJobs website, during the virtual USAJobs Navigation & Federal Resume workshop, April 26, 9-11 a.m. To register, call 210-652-5321.

#### Military Spouses prepare for first time PCS

Military spouses receive insider tips to help prepare for their first PCS, finding new employment, moving with children, and more during the virtual First Move for Military Spouses workshop, April 28, 1-2 p.m. To register, call 210-221-2705.

#### Workshop provides details about EFMP

Register for the virtual EFMP Orientation, April 28 from noon to 1:30 p.m. to learn about the Exceptional Family Member Program eligibility, enrollment, and how it can help your family. To register, call 210-671-3722.

#### Registration open for Military Spouse Conference

Military spouses can now register online for the Military Spouse Conference, emBOLDen, May 13-14, at <https://e.afit.edu/jk0ddY3>. The virtual conference features multiple sessions, workshops and networking opportunities for JBSA military spouses.

### Outdoor Recreation

#### Concealed carry classes offered

The Camp Bullis Rod-N-Gun Recreation Center (RNGRC), bldg. 6215, is providing Concealed Handgun License (CHL) classes April 2 and 16 from 8 a.m. to 1 p.m. Students must be 21 years old to register for the class, unless they are active-duty military age 18 or older. Students need to be familiar with their firearm; no first time shooters. Students must also meet Federal qualifications to purchase a handgun. The cost of the class is \$80. Successful completion of this class is required to apply for a Texas LTC license. To register, go to <http://www.chlregistration.com> and select "Register for Class" and then select "Dan Willis - Leatherneck Arms." For more information, call Mr. Dan Willis at 210-363-2332 or the RNGRC at 210-295-7577 or 210-296-7529.

#### Archery takes on another dimension

The 3-D Archery Range at Camp Bullis consists of a course with 30 life-like animal targets such as bears,

black panthers, deer, alligators, etc. The targets are set up between 5 & 55 yards at unknown distances. Traditional (Long Bows and Recurve Bows) and Compound Bows are allowed but no Crossbows. The RNGRC has Recurve Bows available to rent for \$15 each.

Come out April 23-24 for the 3-D Archery Competition. Registration for the Competition is between 8 a.m. and 10 a.m. The cost is \$10 for E-1 through E-4, active duty or medically retired, and \$20 for participants 13 years of age and older. The Fun Shoot Registration is between 8 a.m. and 11 a.m. The cost is \$5 for E1 through E4, active duty or medically retired, \$15 for 13 years of age and older and \$5 for youth 12 and younger. For more information, call 210-295-7577 or 210-295-7529.

#### Patrons rent all the recreation essentials

The JBSA-Fort Sam Houston Outdoor Equipment Center has equipment rentals for everyone, to include camping, water fun, fishing boats, speedboats, sports and party equipment, tables, chairs and bouncy castles. There are also rental RV campers, mobile grills and portable grills. In addition, equipment rental has a resale car lot. For more information, call 210-221-5224 or 210-221-5225.

JBSA-Lackland Outdoor Recreation offers a full list of party items for summer fun to include tables, chairs, cotton candy machines, margarita machines, party speakers, champagne fountains and many more items. For more information, please call 210-925-5532.

The JBSA-Randolph Equipment Checkout has tables, chairs, canopies, ice chests, and water jugs that might be needed for those birthday parties, holiday dinners or backyard BBQ. Patrons can also rent roll-a-way beds with mattress, aluminum cots, and sleeping bags for great prices. For more information, visit the Community Service Mall, bldg. 895, or call 210-652-5640.

#### Boaters learn the rules of the water

All JBSA-Outdoor Recreation locations require a Boaters Safety Course certificate from Texas Parks and Wildlife in order for customers to rent our motorized watercraft over 15HP.

Approved Texas Boaters Safety Courses can be taken online at: <http://www.boaterexam.com>, <http://www.boat-ed.com> or <https://www.boat-us.org/onlinecourse/Texas.asp>. For more information, call JBSA-Fort Sam Houston at 210-221-5224 or 210-221-5225. JBSA-Lackland at 210-925-5532 or 210-925-5533 and JBSA-Randolph can be reached at 210-652-5142.

### Youth Programs

#### Military children are celebrated all month long

JBSA-Fort Sam Houston celebrates the Military Child April 2, 9 a.m. to 1 p.m. with the Kids Carnival. Come out for a full day of family and community activities scheduled for all ages. The event includes yard games, kickball, refreshments and more. This is free and open to all youth and families. Join us as we celebrate the military child. For more information, call 210-221-3502.

Youth ages 9 and older are invited to come roll with the JBSA-Randolph Youth Programs April 15, 7-9 p.m. dressed in Purple. There will be music, games, and fun.

Concessions will be available for purchase. Cost is \$5 for members and \$7 for nonmembers. To sign-up, call 210-652-3298.

JBSA-Lackland Youth Programs is hosting its first ever Month of the Military Child "Purple-Up Color Run" April 16, 9-11 p.m. Wear a white shirt and enjoy this fun family event at the Warhawk track. To sign up your family up, please contact the Lackland YP at 210-671-2388.

Join JBSA-Lackland Youth Programs April 30, 9 a.m. to noon at the Purple-Up Festival, as we celebrate our amazing kids. This will be a great event for the entire family to enjoy some fun activities, games, nutritious snacks, and outdoor activities. For more information, call 210-671-2388.

In celebration of the Month of the Military Child youth and their parents are invited to the JBSA-Randolph Youth Programs Purple Up Party. There will be music, games, interactive displays, refreshments, organizational booths, giveaways, and lots of fun. The event will be held at Heritage Park. For more information regarding the event, please call Randolph Youth Programs at 210-652-3298.

#### Families go out for dinner

Come to the JBSA-Fort Sam Houston Youth Programs April 13, 4:30-6 p.m. for Family Bistro Night. This is free for all active Youth Programs members and their family. Curbside delivery of a family meal based on themes of "Breakfast for Dinner" for April. All meals are prepared and served by our youth leadership clubs. Come early as plates are limited. For more information, call 210-221-3502.

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## STAY CONNECTED

Stay current on Joint Base San Antonio 502d Force Support Squadron events, specials and daily activities.

<https://jbsatoday.com>





# Graduate Allied Health Education holds first appreciation day for trainees, faculty

By Lori Newman

BROOKE ARMY MEDICAL CENTER  
PUBLIC AFFAIRS

The San Antonio Uniformed Services Health Education Consortium Graduate Allied Health Education House Staff Council hosted the first GAHE Appreciation Day March 4 to recognize all of the allied health professionals within Joint Base San Antonio.

GAHE encompasses 23 programs with about 100 trainees at any given time. The robust program is part of the SAUSHEC and is the largest Department of Defense site for graduate allied health education. Brooke Army Medical Center at JBSA-Fort Sam Houston and the 59th Medical Wing's Wilford Hall Ambulatory Surgical Center at JBSA-Lackland function as the two primary training sites for allied health Army and Air Force personnel.

Simultaneous breakfast events kicked off the celebration at both WHASC and BAMC, honoring allied health faculty, staff and learners for their devoted service to patient care in the joint military medical system. Allied health professionals encompass a wide range of health care careers, to include pharmacy technicians and occupational therapists, and account for over half of the health-care workforce.

A lunch and learn session was also held at BAMC. During the session, Dr. Mark True, SAUSHEC dean, discussed leadership fundamentals; Dr. Timothy "T.J." Bonjour, GAHE associate dean, talked about the transition from trainee to practice; and Air Force Maj. Jeremy Jinkerson, GAHE House Staff Council president and clinical neuropsychology fellow, provided a presentation on professional writing. The attendees were also able to participate in a speed mentoring session with faculty members.

"This inaugural event illustrates the best intentions of our House Staff Council representing all JBSA allied health specialists," Bonjour said. "These are tomorrow's leaders making an impact across all medical disciplines, partnering with our physician colleagues, and ultimately benefiting our beneficiaries, trainees and staff."



GARRON WEBSTER

*Dr. Mark True, San Antonio Uniformed Services Health Education Consortium Dean, discusses leadership fundamentals during the first SAUSHEC Graduate Allied Health Education Appreciation Day at Brooke Army Medical Center, Joint Base San Antonio-Fort Sam Houston, on March 4. GAHE encompasses 23 programs with about 100 trainees at any given time.*

The role of the House Staff Council is to act as a liaison between trainees and the Graduate Allied Health Education Committee and SAUSHEC leadership.

"The GAHE House Staff Council helps to resolve issues as they come up at the lowest level," Jinkerson added. "We also advance issues to the Graduate Allied Health Executive Committee, and we work to actively build process change and improve the learners' experience."

The Graduate Allied Health House Staff Council is currently seeking members for the upcoming academic year; residents or fellows who are interested in participating or want more information, can email [usarmy.jbsa.medcom-bamc.mbx.saushec-gahe-house-staff-council@mail.mil](mailto:usarmy.jbsa.medcom-bamc.mbx.saushec-gahe-house-staff-council@mail.mil).

GAHE programs include:

## Army Programs

- » Child-Pediatric Psychology Fellowship
- » Clinical Psychology Internship
- » Clinical Psychology Residency
- » Emergency Medicine Ultrasound Fellowship
- » Graduate Program in Anesthesia Nursing (USAGPAN) CRNA
- » Graduate Program in Nutrition/Dietetics
- » Occupational Therapy Fellowship
- » Optometry Residency
- » Orthopedic Manual Physical Therapy Fellowship
- » Social Work Residency
- » Trauma Treatment and Healthcare Delivery Fellowship

## Air Force Programs

- » Clinical Pastoral Education Residency
- » Clinical Psychology Internship
- » Clinical Psychology Residency
- » Clinical Health Psychology Fellowship
- » Orthopaedic Physical Therapy Residency
- » Psychiatry PA Fellowship
- » Social Work Residency

## Integrated Programs (Air Force and Army trainees)

- » Clinical Neuropsychology Fellowship
- » Emergency Medicine PA Residency
- » General Surgery PA Residency
- » Orthopaedic PA Residency
- » Pharmacy Residency

# LACKLAND

## Ideas wanted for 2022 AFIMSC Innovation Rodeo; at least \$1M up for grabs

By Shannon Carabajal

AIR FORCE INSTALLATION AND  
MISSION SUPPORT CENTER  
PUBLIC AFFAIRS

The run-up to the Air Force Installation and Mission Support Center's fourth annual Innovation Rodeo began with the start of a call-for-topics campaign.

The campaign, open through June 6, gives military and civilian members of the Department of the Air Force's mission and installation support community a chance to have part of \$1 million or more in funding and resources to pursue their ideas.

The year's theme is "Accelerate Change through Innovation."

"Innovation is a key mechanism to meeting the charge of our Air Force senior leaders to adapt and work differently," said Pitman Kennedy, an innovation program analyst with AFIMSC Ventures. "Talented Airmen and Guardians at all levels across the installation and mission support enterprise have great ideas. They know how to innovate, they know how to accelerate change, and we want to help them do that."

Back in person after going virtual during the pandemic, the 2022 AFIMSC Innovation Rodeo will bring finalists to San Antonio for a week in August to learn from leading innovators, collaborate with industry partners and network with peers, senior leaders, and innovation teams. Finalists will pitch their ideas to a panel of senior leaders at the end of the week.



DEBBIE ARAGON

*Airman 1st Class Ricardo "Noah" Morales presents an idea for a smart locker system to senior leaders during the 2021 Air Force Installation and Mission Support Center Innovation Rodeo on Feb. 5, 2021, at JBSA-Lackland. Morales won first place in the event, earning a share of \$1 million in funding and resources to pursue his idea.*

"We are excited to be growing this one-of-a-kind innovation opportunity empowering our Airmen and Guardians," said Jadee Purdy, AFIMSC chief innovation officer.

This year, innovation teams from each AFIMSC primary subordinate unit — the Air Force Civil Engineer Center, the Air Force Security Forces Center, the Air Force Services Center and the Air Force Installation Contracting Center — will help finalists move their projects forward.

"Creating project teams with the right functional experts and stakeholders helps the finalists

get traction, award contracts and ultimately have a positive impact on the Air Force," Purdy said.

When it comes to funding, AFIMSC Ventures knows how to find available dollars and put them to work, Kennedy said. Since standing up in 2018, the team has turned an initial \$1 million budget into \$85 million by leveraging Air Force and venture capital funding programs.

Over the past three years, the center has handed out millions of dollars through the Innovation Rodeo and grown that seed money into millions more. They hope to do the

same this year, Purdy said.

Past winners include:

- ▶ Mobile apps to make life easier for Airmen and their families, including one to centralize and streamline the subletting of short-term slots at military child development centers.
- ▶ An idea to replace the current manual mapping of underground cabling and wiring with the use of augmented reality glasses;
- ▶ A project to leverage Geospatial Information Systems and aerial imagery for roof inspections; and
- ▶ A secure mail locker system giving Airmen and Guardians

living in dorms convenient access to their mail and packages while freeing up space and reducing mail-processing times at base post offices.

A grand opening ribbon cutting for last year's winning idea, smart lockers, is planned for March 30 at Robins Air Force Base, Georgia. The idea was submitted by Senior Airman Ricardo Morales, 461st Maintenance Squadron at Robins Air Force Base.

"It was an absolute honor to win first place, because it reflected long hours and hard work to find an innovative solution that would help not just Airmen around Robins, but throughout the Air Force," he said. "I'd like to thank everyone who contributed to the implementation, and I couldn't have done it without the support of my local innovation hub."

Morales credited the AFIMSC Ventures team for implementing and fielding the idea so quickly.

"Their connections to industry really helped, and we held biweekly meetings to overcome roadblocks and discuss potential solutions," Morales said.

Morales encourages anyone — no matter their rank — with an idea to take a chance on getting selected for the 2022 AFIMSC Innovation Rodeo.

"Anyone can make a difference in the Air Force," he said. "Don't walk past a problem."

Ideas for the 2022 Innovation Rodeo can be submitted at <https://gain.apps.dso.mil/usaf/afimscmsg>.



*Lisa Gruber, 59th Medical Operations Squadron registered nurse, conducts a birth control counseling group in the Women's Health Clinic at Wilford Hall Ambulatory Surgical Center at JBSA-Lackland March 8.*

MELODY BORDEAUX

## 59th MDW extends obstetric services

By Senior Airman Melody Bordeaux

59TH MEDICAL WING PUBLIC AFFAIRS

The Wilford Hall Ambulatory Surgical Center's Women's Health Clinic is now offering obstetric services to include prenatal and postpartum care and expanding services for walk-in patients.

The clinic's walk-in services, available Monday, Wednesday and Friday from 8 to 11 a.m. and Tuesday and Thursday from 1 to 3 p.m., include pregnancy testing, sexually transmitted infection screenings and care for acute complaints.

The Patients In Need of Contraception, or PINC, clinic, is available Tuesday and Thursday from 7:30 to 11 a.m., covers all women's birth control needs and offers patient education on available options.

"In the PINC, clinic patients can get their birth control refills," said Maj. Melissa Everage, 59th Medical Operations Squadron Women's Health Clinic officer-in-charge. "If they want a contraceptive implant, which is a form of birth control implanted in the arm, they can walk in, get it removed, replaced and they're done. Anything that's expired or a new prescription, requires a pregnancy test unless patients are on their menstrual cycle."

The clinic provides counseling on all the birth control options.

"Women love it, some of them come in saying 'No, I want this birth control' but then they sit through the counseling and realize they didn't know about all these other options and end up changing it," Everage said.

In addition, the clinic informs patients who have a positive pregnancy test of the next steps and what changes they may go through.

"We offer an OB orientation, an introduction of what to expect during pregnancy and all the resources patients need," Everage said. "From there we schedule their ultrasound and then an

OB appointment."

The ultrasound determines how far along a patient's pregnancy is. During the OB appointment, the patient's care plan is discussed and the provider looks at any possible risks. Providers inform patients what they should do in case of an emergency or if they have any concerns during their pregnancy. Patients who are pregnant and need to be seen urgently should seek treatment at Brooke Army Medical Center.

"If patients are bleeding, think their water broke or are less than 20 weeks pregnant and having any issues need to go to BAMC's emergency room," Everage said. "If they're over 20 weeks and have concerns, they need to call Labor and Delivery."

The WHASC does not provide invasive OB care such as delivery, fertility treatment, OB emergencies, hysterectomies or cervical cancer procedures. Patients seeking these services are seen at BAMC.

After patients give birth, they can continue their care at the WHASC's Women's Health Clinic.

"Patients who have had their baby and are coming in for their fourth or sixth week appointments can come here," Everage said. "Appointments go over questions like 'How are you doing as a new mom?' 'Are you up to date on your pap?' 'How is breastfeeding going?' 'Have you engaged in intercourse yet?' 'Are you sleeping?'"

The clinic also supports patients experiencing postpartum depression.

"We can ask the mom how she's doing and provide depression screening for postpartum blues," Everage said. "We offer them support and reassurance that they're doing a great job."

To make an appointment with the Women's Health Clinic, call the Consult and Appointment Management Office at 210-916-9900.



# Commissary tours offer healthier food options

**By Airman 1st Class Joshua Rosario**  
59TH MEDICAL WING PUBLIC AFFAIRS

For many people, grocery shopping doesn't sound like a very difficult task, but selecting the healthiest food requires some thought beyond tossing items that look good into your cart.

The 59th Medical Wing Nutritional Medicine team at Joint Base San Antonio-Lackland has set up tours at the local commissaries with the goal to help shoppers pick up the right products.

"A commissary tour is a great opportunity for us to teach people

about disease management by educating shoppers on making the right decisions," said Staff Sgt. Brandon Maldonado, 59th MDW diet technician. "We give shoppers an opportunity to become more informed when grocery shopping. Our goal is to help shoppers grab the best quality foods; healthiest carbohydrates, lower sodium foods and the lean proteins."

The commissary tours are open to all who are interested, but the Nutritional Medicine team hopes to reach the demographics who have less healthy eating patterns and our JBSA community who are dealing with

diabetes, high cholesterol, hypertension, obesity and even those that wish to gain weight.

"There are so many people who are brand new to the military who have never experienced the responsibility of grocery shopping," Maldonado said. "We want to make sure we are teaching them how to shop and how to do it healthy."

To sign up or learn more about the commissary tour taking place at 9 a.m. March 31, call the Nutritional Medicine Clinic at 210-292-7578.



## Air Force Reserve Command A3 staff members visit 960th Cyberspace Wing

**960th Cyberspace Wing**  
Public Affairs

Col. Don Kelley, 960th Cyberspace Wing director of wing plans and Col. Terry W. McClain, 433rd Airlift Wing commander, met with Air Force Reserve Command A3, Air, Space, Information Operations staff members Col. Matthew Trovinger, current operations division chief; Senior Master Sgt. David Lester, cyber standards and evaluation; Master Sgt. David Nafe, cyber training manager; and Lt. Col. Melissa Milas, information warfare branch chief, at Joint Base San Antonio-Chapman Training Annex March 3.

The A3 team met with 960th CW and 433rd AW personnel in an effort familiarize themselves with the cyberspace wing's non-traditional mission set and evaluate the playbook for future compliance inspections.



SAMANTHA MATHISON

# Women's History: Lt. Col. Stacy Eskridge

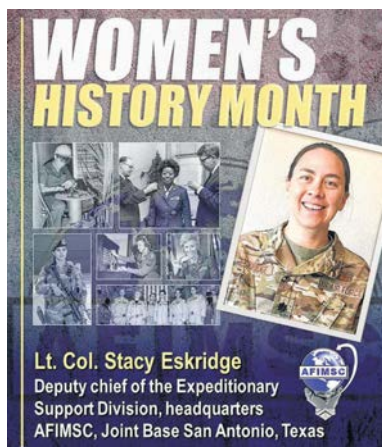
## Air Force Installation and Mission Support Center Public Affairs

March is Women's History Month, a time to commemorate and celebrate the vital role of women in American history. Women within the #IAMIMSC team were invited to tell us a little about themselves and their views on the importance of Women's History Month.

Lt. Col. Stacy Eskridge is the deputy chief of the Expeditionary Support Division in the Expeditionary Support and Innovation Directorate in San Antonio. Eskridge, who has 16 years in uniform, contributes to the Air Force's lethality and readiness "by verifying deployment tasking for all installation and mission support members. We're always ready and looking to help that process smoother, and make sure the right person is tasked at the right time."

### Why do you feel we need a Women's History Month?

It's important to take some



COURTESY GRAPHIC

time just to reflect on the diverse fabric and the stories that make up our amazing Air Force and amazing community within America by recognizing not only women but people from varied backgrounds. We can all have a chance at seeing ourselves not just in the past but in the future.

The actions of those who

came before us may have seemed like everyday occurrences for what they did but the fact that they paved the way for people today and for the future is nothing short of heroic even though to them, they were just doing what they did normally.

Those paths that they paved

*Lt. Col. Stacy Eskridge is the deputy chief of the Expeditionary Support Division in the Expeditionary Support and Innovation Directorate in San Antonio. Eskridge, who has 16 years in uniform, contributes to the Air Force's lethality and readiness "by verifying deployment tasking for all installation and mission support members."*

for us to walk were the beginning of this amazing journey that we're all lucky to go on.

### Tell us about a female coworker or friend you admire?

My mom was the first female Marine to work at Marine Corps Air Station Yuma, Arizona, and she was the second female Marine to have her Military Occupational Specialty, which was aircrew flight equipment.

When she arrived at her duty station, she actually arrived in her green satin uniform which was a skirt. Her supervisor told her to go back to her room and put on her cammies. She told him, "sir, this is all they issued me." The Marine Corps issued her a skirt to work out on the flightline because she was so new to the job that they didn't have anything else in place for people like her. Her supervisor had to go and procure her the smallest set of male uniforms he could find. At the time, it was against regulations to wear a male uniform but that the time

that was all she could do.

Growing up hearing stories like that is what helped pave my way into the Air Force. If you ask her, she just says, "that's the way it was, we just did what we had to do." I think she's pretty amazing.

She ended up getting out after 14 years so she could become a mom, which highlights the fact that I am proud and impressed with how far we've come where people still make different choices for various reasons but I believe that the Air Force is doing a great job of trying to help families make different decisions and be more family-oriented so that we can keep this varied fabric of diversity in our service.

### Who do you see as a good historic female role model?

We've all heard of Amelia Earhart, Marie Curie, Harriet Tubman and those women who are nothing short of amazing women but someone else who I personally like is Hedy Lamarr. She was a famous actress who

**WOMEN continues on 22**

## LAUNCH serves as 'front door' to access AFIMSC programs, services

### Air Force Installation and Mission Support Center Public Affairs

The Air Force Installation and Mission Support Center's virtual support center, LAUNCH, helps customers find installation and mission support service information.

LAUNCH is a Common Access Card-enabled portal where users can learn about AFIMSC and the missions the organization conducts, to include points of contact for the more than 150 capabilities the center executes for every installation, Airmen, Guardians and their families across the Air Force and Space Force.

"LAUNCH looks and functions like a website. It's the best-in-class use of SharePoint Online. Any customer searching for help from AFIMSC can use LAUNCH to quickly find the correct point of contact to request support,"

said Chris Underwood of the AFIMSC Resources Directorate, and manages the platform.

The LAUNCH homepage has five main enterprise tabs that users can click on to navigate through the site.

► **Our Organization** displays the AFIMSC organizational chart with links into each sub-organization in order to fully understand the organizational structure and lines of authority.

► **#IAMIMSC Team** leads directly to the public AFIMSC website, where users can find the latest information on AFIMSC and internal business activities.

► **AFIMSC Informational Repository** offers a central place to obtain information about AFIMSC's functional process as well as knowledge management resources.

► **AFIMSC Strategy** provides the operational roadmap that synchronizes

AFIMSC's strategic lines of effort, goals and objectives.

► **Enterprise IT Service Catalog** serves as a new single-entry point to get information about the various IT systems in AFIMSC.

► **AFIMSC 101** features the latest AFIMSC initiatives, year-in-review and mission videos, new hire information, communication hub access and organizational templates.

Customers can view AFIMSC's major capability portfolios (e.g. Civil Engineering, Force Protection, Logistics Readiness) and find detailed information about each portfolio in the main section of the landing page. Each page offers a brief description, related links and documents, as well as a list of additional services and capabilities associated with the respective portfolio. The site also offers the organization's 25 top requested services, such as Finance,

Strategic Basing and Tyndall Program Management Office.

"LAUNCH creates a seamless user journey for customers and stakeholders looking for support from AFIMSC," Underwood said. "If a customer wants help with a particular service or capability and isn't sure where in the organization or portfolios to look, the services buttons help them navigate as they are organized by customer need. This is the best option for immediate help on specific topics."

LAUNCH empowers the AFIMSC workforce through information access, providing a roadmap to AFIMSC's products and services. The site rolled out in May 2021 and is located on the AFIMSC SharePoint site or via this URL: <https://go.usa.gov/xHwza> (CAC required for access). Take a video tour at [www.dvidshub.net/video/800585/afimsc-launch-portal-video-tour](http://www.dvidshub.net/video/800585/afimsc-launch-portal-video-tour).

# RANDOLPH

## 479th FTG celebrates Sapphire Event, 45 years of women in the cockpit

By Benjamin Faske

12TH FLYING TRAINING WING  
PUBLIC AFFAIRS

The 479<sup>th</sup> Flying Training Group and Detachment 1, Air Force Recruiting Service, held the once-in-a-lifetime Combat Systems Officer Sapphire and General Officer Inspire event from March 10-12 at Naval Air Station Pensacola, Florida.

Attended by More than 170 Junior ROTC and ROTC cadets, the event paid tribute to the first six female Air Force navigators: retired Col. Mary Kay Higgins, retired Lt. Col. Bettye Jo Payne, retired Lt. Col. Elizabeth Koch, retired Lt. Col. Florence Parker, retired Lt. Col. Ramona McCall and retired Lt. Col. Margaret Stanek. The event was a celebration that marked 45 years of women in the cockpit.

The road wasn't easy, but a deep sense of pride and determination drove these trailblazers to reach their goals, along with never taking no for an answer.

Class 78-01 embarked on a journey 45 years ago that changed the Air Force forever and began a process to have women represented in all career fields including pilots, combat systems officers and special operations.

The three-day event began with a mission brief by Col. William O'Brien, 479<sup>th</sup> Flying Training Group commander, explaining how navigators incorporated into the combat systems officers program. He also highlighted the different operational tracks now available to students, navigator, weapons systems, electronic warfare and special operations.

The group next visited the

451<sup>st</sup> and 455<sup>th</sup> Flying Training Squadrons, where class 78-01 members Koch and Parker received tours of the T-6 Texan II and T-1 Jayhawk aircraft.

Day two, which was the main event, saw busloads of JROTC and ROTC cadets filing into the Mustin Beach Club at NAS-Pensacola to hear the stories of the three female trailblazers in attendance.

Keynote speakers for the Sapphire Event included leaders in the combat systems officer community: Brig. Gen. Brenda Cartier, Operations and Communications, Air Education and Training Command director; Brig. Gen. Leslie Maher, Jeanne M. Holm Center for Officer Accessions and Citizen Development director; and retired Brig. Gen. John Quintas, Amazon Global Military Affairs managing director.

Cartier received her navigator wings in 1993 and has more than 4,000 flying hours.

"With our current outreach and recruiting programs, we're opening the door wider for those who may want to serve, but maybe haven't had much exposure to the Air Force," Cartier said. "These efforts are essential to every aspect of diversity within our Air Force, if we are to reflect the society in which we serve. The RDI strategy is a long-term plan to recruit, develop and retain a diverse rated corps through events that raise awareness, develop strategic partnerships, remove potential barriers to service and mentor current aviators."

Events like these are important to the younger generation because eventually



BENJAMIN FASKE

*Combat systems officers from the 479th Flying Training Group gather for a group photo with Brig. Gen. Brenda Cartier, Operations and Communications director, Air Education and Training Command, and Brig. Gen. Leslie Maher, Jeanne M. Holm, Center for Officer Accessions and Citizen Development director, March 11 at Naval Air Station-Pensacola, Florida.*

they will be the next group of Air Force leaders. Exposing them to another rated career field like the Combat Systems Officers can only serve to benefit the Air Force.

"This event is important for ROTC, JROTC as well as CSO students because the fact is so much of our history was built by people that were fearless so getting a chance to actually meet these people and hear their stories helps them develop in a way that gives them more opportunities than they thought they had before," Maher said. "I'm thankful that I'm getting used to seeing diversity in the ranks, it's not that it surprises me anymore, I want that to be the message. Let's get this to be something so mundane that now we can get after what it means to be an even greater team because we have that diversity, and get on with the mission, but until we get to that point where this uniqueness becomes mundane, we have some work to do."

The success of their class would reverberate for females across the Air Force for generations to come.

"It was so exciting to be one of the six women selected for this opportunity to be a 'first.' I was looking forward to the adventure of attending undergraduate Pilot Training and I thought this was a great career advancement for both of us," Koch said, "I was aware of the prestige of being in the first class and I knew that our performance could open this door for other women."

The third and final day saw JROTC cadets from Escambia, Gulf Breeze and Pensacola High Schools, as well as ROTC from Tuskegee, Florida State, Southern Alabama, West Florida, Alabama State and Florida Universities, prepare for their incentive and inspiration flights aboard awaiting KC-135, C-130 and T-1 aircraft.

This was the cherry on top for the cadets, a chance see what it's like to be a flyer in the operational Air Force. Hearing protection handouts, passenger briefings, and detailed instructions on how to use the "air sickness" bags all made the event more authentic for the cadets and will hopefully leave an impression on them if they decide to serve this great Air Force.

As for the next generation of female aviators, Parker had a message,

"I would tell them to 'go for it.' Don't let anyone or anything try to deter you. Do your best at everything you do."

Higgins recalls filling out her first "dream sheet" when she entered the Air Force.

"In mid-1975, on my first AF Form 90, I had put my first choice was 'student pilot,' the second was 'student navigator,' and the third was 'chief air traffic control officer,'" Higgins said. "I was told that I was wasting my first two choices as women couldn't be Air Force pilots or navigators, and that I could put that information in the comments. Of course, I was more than pleased some months later, when someone showed me the message traffic indicating that the Air Force was starting a test program to train women as pilots and navigators."

Higgins would go on to fly in the KC-135 Stratotanker as a navigator and she later attended pilot training where she became a pilot and flew KC-135's.

Like most women in Class 78-01, the importance of being a "first" was not lost on anyone.



# AF Competency Modeling Handbook provides Airmen with roadmap to become future-ready warfighters

By Dan Hawkins

AIR EDUCATION AND TRAINING  
COMMAND PUBLIC AFFAIRS

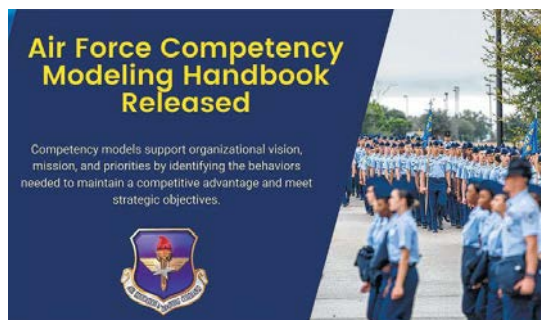
In line with Air Force Chief of Staff Gen. Charles Q. Brown Jr.'s *Action Order* — *Airmen* effort to find and enhance universal skillsets that are important to all Airmen regardless of their specific Air Force Specialty Code, the Air Force Competency Modeling Handbook is now available to Airmen after officially being published Feb. 8.

Developed by the Headquarters, Air Education and Training Command A3J team, AFH 36-2647 includes a validated competency-modeling framework that is scalable, reliable, and repeatable to assist career fields in developing their occupational competency models. It also outlines the service's 24 foundational competencies, which are a combination of knowledge,

skills, abilities, and other characteristics that manifest in an observable, measurable pattern of behaviors that improve an Airman's performance.

"Our competencies are the bedrock to developing the Airmen we need and they provide Airmen with a roadmap to become future-ready, critically-thinking warfighters," said Brig. Gen. Brenda Cartier, AETC director of operations and communications. "The occupational competency model integrates technical capabilities with the foundational competencies, along with the leadership, combat, joint, social mastery, and all-domain skills needed to be successful in a career."

In the attachments of AFH 36-2647, Airmen can find detailed definitions for the 24 foundational competencies, which are grouped under four



COURTESY GRAPHIC

buckets of developing self, others, ideas and organizations.

"The foundational competencies are those competencies that are valued by the Air Force and are universally applicable to all Airmen," said Vincent Villanueva, AETC's Occupational Competencies branch chief. "These

competencies are the core of Airmen development and enable them with tools, pathways, and capabilities to improve their performance in any job, specialty, or situation."

Competency models support organizational vision, mission, and priorities by identifying the behaviors needed to maintain a competitive advantage and meet

strategic objectives.

"The competency model framework enables Airman-centric, mission-focused, competency-based Air Force learning, and as we add career fields, we scale the enterprise-level benefits," said Villanueva. "It also identifies the competencies needed for key positions, and informs decisions for the right person and right job."

Other features in the handbook include application of competency assessments based on real-world environments and expectations to help Airmen have the right tools and resources in terms of training, education, and experience, Villanueva said.

To access a copy of the handbook, visit [static.e-publishing.af.mil/production/1/af.ai/publication/afh36-2647/afh36-2647.pdf](https://static.e-publishing.af.mil/production/1/af.ai/publication/afh36-2647/afh36-2647.pdf).

## Some JBSA-Randolph roads closing for water line replacement

502nd Air Base Wing  
Public Affairs

Work to replace a number of water lines at Joint Base San Antonio-Randolph begins March 28 and is expected to last until May 8.

The contractor will be performing the second phase for water line replacement work at JBSA-Randolph, requiring multiple road closures along F St E & W for 8-10 hours per closure on crossing streets.

**The closures within the housing area are located along:**

► F St. E between 1st St. E and 5th St. E requiring seven separate road closures. The contractor will be closing each road along F St E in order to perform water main replacement. The work includes saw cutting, excavating, installing new pipe and repaving asphalt repairs. Road cutting, road closures, and new water line installations will occur on March 28-30 (saw

cutting), April 4-6 (4th St E), April 7-11 (3rd Dr. E), April 14-18 (5th St E), April 21-25 (3rd St. E), April 28 to May 2 (2nd Dr. E), May 3-5 (2nd St. E), and May 6-8 (1st Dr. E) at seven locations.

► F St. W between 5th St. W and 1st Dr. W for short periods to perform the replacement of the existing water main along F St W on Randolph. The work includes saw cutting, excavating, installing new pipe and to repave the street. Water line replacement will occur along F St. W between 5th St. W and 1st Dr. W at six locations. The traffic control plan has been previously coordinated with Security Force, Fire Emergency Services, Safety and Housing to ensure there are no concerns. Streets to be impacted are F St., 5th St. W, 4th St. W, 3rd Dr. W, 3rd St. W, 2nd Dr. W, 2nd St. W and 1st Dr. W. Representatives from the 502nd Civil Engineer Group will be monitoring the work by the contractor to ensure the work is performed safely and as quickly as possible.

## WOMEN

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actually, through a string of events, helped to make what we know today as Wi-Fi so every time you use a cell phone you can thank Hedy Lamarr because she helped do the radio jumping frequency technology that got us here today. I think that's amazing and you never hear of her. ([www.womenshistory.org/education-resources/biographies/hedy-lamarr](http://www.womenshistory.org/education-resources/biographies/hedy-lamarr))

**What would you say to a elementary school girl about what she can achieve as an adult?**

I would tell her that she can achieve anything that she puts her mind to, to never stop believing in herself and to always try to find the good in the world because staying positive and upbeat is what's

going to help her.

**If you could talk with your 6-year-old self, what would you tell her?**

That the future is pretty amazing. I never thought in my wildest dreams that I would be in the military for this long. I didn't ever imagine that I would serve, despite the fact that my mom was a Marine. I am so fortunate and so happy that my life took me this way and I'm very blessed that I have a family who is incredibly supportive. So, I would tell my 6-year-old self to just keep dreaming, keep believing and keep focused on what's important in life.

**Anything else you'd like to add?**

I just have a quote that I like ... "When you get where you're going, turn around and help her too, for there was a time not long ago when she was you."